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ELECTRONIC THESIS AND DISSERTATION UNSYIAH

TITLE

HUBUNGAN STATUS GIZI DENGAN USIA MENARCHE PADA SISWI SEKOLAH MENENGAH PERTAMA NEGERI 2 KOTA BANDA ACEH TAHUN 2014

ABSTRACT

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CORELATION BETWEEN NUTRITIONAL STATUS AND MENARCHE

AGE AMONG FEMALE STUDENTS IN SMP NEGERI 2

BANDA ACEH IN 2013

ABSTRACT

Menarche is the first menstruation that occurs in a woman . Due to the better nutritional intake, age of menarche is faster, many adolescents had experienced menarche at an early age . The purpose of this study was to determine the nutritional status of the corelation with the age of menarche . Type of this research is descriptive correlative approach retrospectively. Sampling was purposive sampling techniques to measure the BB and TB, 200 of students who had experienced menarche , data collection using the observation sheet , using the formula for the nutritional status of IMT / U and age of menarche using the interview . Technical analysis of the data using the chi - square statistical test . The results showed the nutritional status of the thin category (28.0 %) , normal (54.5 %) , fat (17.5 %) . For age of menarche < 11 years (13.5 %) , 11-13 years (83.5 %) , > 13 years (3.0%) . The bivariate research results relationship showed there were a nutritional status with age of studentsâ€™menarche at junior high school 2 Banda Aceh (P - value 0.0001) . It is expected the school to pay more attention to the reproductive health of students , especially menarche , by holding various counseling about menarche and directing students in their development, so they are not misinterpret the amount of information received , because of the information received is not entirely true .

Keywords : nutritional status , menarche

Reading list : 27 books + 1 journal + 2 + 4 article Internet (2001-2013)